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HOUSEKEEPERS' CHAT Monday, July 11, 1932.

(FOR BROADCAST USE ONLY)

Subject: "Canning Corn and Tomatoes." Information from the Bureau of Home Economics, U.S.D.A.

--ooOoo--

There are a number of important questions to answer today before we take up our economy menu.

The first question is from a young housewife who wants a reliable method for canning sweet corn at home. She expects to have quite a surplus of corn this year from her own garden.

I'll give you directions for canning corn. Only a few months now until January, believe it or not. Planning winter meals will be a relatively simple matter if you have plenty of vegetables on hand. I'm not saying that a dish of canned corn is just as good as an ear of fresh corn. But I do maintain that corn can be put up so that a good deal of the sweet garden flavor lingers.

Corn is rather difficult to can successfully because it's starchy and sweet, instead of sour, like tomatoes. But it can be done. It's all in knowing how to kill off the invisible bacteria that cause spoilage. Heat, lots of it; temperature far above that of boiling water is needed to destroy these bacteria.

So the first rule is: Use the steam pressure canner. Corn is one of the non-acid vegetables. For safety, process all non-acid vegetables at a higher than boiling temperature. And this is possible only under steam pressure. Now, if you'd like to have a reliable method for canning corn, please take your pencils in hand. Everybody ready?

(Please read slowly or repeat.)

Gather corn, for canning, about 17 to 25 days after silking. The exact time will depend on variety and season. First, shuck, silk and clean the corn carefully. Cut it from the cob, without cooking. Add half as much boiling water as corn, by weight. Heat to boiling. Add 1 teaspoon of salt, and 2 teaspoons of sugar to each quart. Fill boiling hot into containers.

Process immediately, at 15 pounds pressure, or 250 degrees Fahrenheit. Process the quart glass jars for 80 minutes; the pint glass jars for 75 minutes; and the No. 2 tin cans for 70 minutes. Never can corn in No. 3 tin cans, because the heat can't penetrate the corn easily in such large cans. And, by the way, of course you know that if you're canning in tin, you want to use cans coated inside with C enamel to prevent darkening of the corn.

There are the directions for canning corn.

The next question is about canning tomatoes. There's one fact about tomatoes that has always appealed to me--the acid in the tomatoes makes them the easiest of all vegetables to can at home. Like fruits, tomatoes can be processed at the temperature of boiling water, while corn and beans and peas and so forth have to be processed at temperatures above boiling water.

I don't mean to say that tomatoes can be put up just any old way. Of course, you want to watch every step so that the product will be delicious and wholesome. Now, if you like, you may take notes on canning tomatoes.

(Read slowly, or read once rapidly, then repeat.)

Select firm, ripe tomatoes, of medium size and uniform shape. Don't use any that are too ripe or are spotted or decayed. Put these firm, good tomatoes in shallow layers, in wire baskets. I hope you have a wire basket. It saves so many burns around canning time. Dip the basket holding the tomatoes into boiling water. This loosens the skins ready for peeling. Then plunge the basket quickly into the cold water for an instant. Drain the tomatoes at once and core and peel them promptly. Now pack the peeled tomatoes into jars or cans, as closely as possible. Fill the cans with a thick tomato sauce or with the juice of other tomatoes. Season with 1 teaspoon of salt per quart. Process the quart and pint glass jars for 45 minutes in boiling water. Process No. 2 and No. 3 tin cans for 35 minutes.

If you're canning in tin, use the sanitary enameled tins for tomatoes.

Next question: "Will you please broadcast a recipe for stuffed tomato salad?"

There are a number of recipes for stuffed tomato salad. In fact, fresh tomatoes can be filled with almost any left-over meat or vegetables. If you want definite ingredients, I'll tell you how to make a rather hearty salad, which might serve as the main dish for a Sunday night supper.

Choose large ripe tomatoes, one for each person. Peel them and cut a round piece from the stem end. Now remove enough of the pulp to leave a hollow cup. Season the inside of the cup with salt and then turn the tomatoes upside down to drain. Then place them in the ice box until ready to serve. Stuff the inside with a filling made of chopped meat such as chicken, veal or tongue; cooked peas; a few pickles or fresh cucumber chopped fine; and salad dressing. Mix the ingredients thoroughly so the flavors will blend. Serve on lettuce leaves, or on a bed of shredded lettuce.

Another good tomato salad, which doesn't take quite so long to prepare, is made of ripe tomatoes and cottage cheese. Arrange three slices of tomato on a bed of lettuce leaves. In the center make a mound of cottage cheese,

which has been mixed with cream, salt, and pepper. Serve this salad with mayonnaise or cooked salad dressing.

Here's a question from a jelly maker. "Is there any difference in refined beet sugar and cane sugar for jelly making?"

Answer: According to experiments made in the Bureau of Home Economics, there is no difference in refined beet sugar and cane sugar for use in jelly making or in canning and preserving.

Next Question: Can you tell me how to prevent jelly and jam from oozing over the top of the paraffin?"

Answer: When jelly and jam oozes out over the top of the paraffin, this is usually a sign that the glass is not well sealed. There are several ways to prevent this. First of all, pour the helly into the glasses carefully so as not to get drops of it on the edge of the glass. Then, let the jelly or jam stand until it is thoroughly set and the surface has dried well, before covering it with the melted paraffin. If necessary cover the glasses with cheesecloth and let them stand in the sun a day or two. After you pour the hot paraffin on the jelly, rotate the glass so that the paraffin will run up to the rim and form a high ridge. As a final precaution, cover the jelly glasses with tight fitting metal tops and store them in a cool, dry place.

The last question on the program is:

What is the economy dinner menu for Monday, July 11?"

Here it is. Broiled beef liver. (I hope you noticed the "R" in that first word.) Broiled beef liver; Potatoes fried with onions; Snap beans; Mixed sweet relish; and for dessert, an attractive bright fruit cup made of mixed fruits, either fresh fruits in season or canned fruits.

Once more. Broiled beef liver; Potatoes fried with onions; Snap beans; Mixed sweet relish; and fruit cup.

Tomorrow we'll discuss ways to take out summer stains.